

 <p>MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM</p> <p>CHILD CARE CENTERS POLICY &amp; PROCEDURE MANUAL</p>	ISSUED  3/91	REVISED  1/2012	CHAPTER  7	SECTION  7.4
CHAPTER Chapter 7. Meal Pattern – Ages 1 through 12	SUBJECT Types of Meal Service			

### Unitized

Under the unitized method of meal service, each child receives at least the minimum serving size of each required meal component served to them on a plate or tray. (The children must be served at least the minimum serving size of each required meal component at each meal.) All meal components must be served at the same time. The center may not serve smaller initial portions to a child and allow the child to request seconds. The full amount of all required meal components must be served initially. It is not acceptable to delay or withhold the service of a required meal component until other components have been consumed.

### Family Style

Under the family style meal service, each child self-serves their own portion of each meal component. Additional servings of each meal component should be readily available at each table. Family style meal service is encouraged for CACFP if the following criteria are met:

- A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the food components for all (ages of) children at the table and to accommodate the supervising adult(s). **NOTE: Meals for Program and non-Program adults may never be claimed for reimbursement;**
- Every child should initially be offered and encouraged to take the full portion of each meal component required for his/her age group; and
- If the child initially refuses a component or does not take the full portion size required for his/her age, the supervising adult is responsible for actively encouraging the child to take a trial portion, or offering a second helping of the food component during the course of the meal. However, it is ultimately the child's decision on how much or if they will take a meal component. Never use the acceptance or denial of food as a reward or punishment.

### Food Safety Considerations:

Any food placed on the table may not be reused or served as a leftover at a later time. Food that has been prepared, but not placed on the table, may be reused if properly chilled, stored and reheated to at least 165 degrees Fahrenheit. Under the Missouri Department of Health and Senior Services Sanitation standards, milk should not be put on the table to sit for any period of time. Milk should be poured just before the meal service begins then stored in the refrigerator. Sanitation rules may vary depending on the location of the center. Please contact your local sanitarian for guidelines for your area.

With unitized meal service, all food items must be placed on a child's plate in order to assure that a reimbursable meal or snack is served. With family style meal service, the children determine what foods they will eat and how much they will eat. Adults must actively encourage children to take at least some amount of each required meal component. See Section 7.5 A and 7.5 B for exceptions on when all required components may not have to be served.

### **Availability of Water**

The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 established the requirement to make potable water available to children in the CACFP throughout the day *and at meal times*. Centers participating in the CACFP are required to make drinking water available to children to drink at their request but water does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

Reference: CACFP 20-2011, May 11, 2011;  
FNS Instruction 783-9 Family Style Meal Service in the Child and Adult Care Food Program